

Chapter 11:

Community Health Survey

“To be idle is a short road to death and to be diligent is a way of life; foolish people are idle, wise people are diligent.”

Buddha

“Only the wisest and stupidest of men never change.”

Confucius

“No one can confidently say that he will still be living tomorrow.”

Euripides

“When you learn, teach. When you get, give.”

Maya Angelou

Community Health Survey

Did You Know?

- In 2004, 24.9% of Greene County residents smoked tobacco every day, according to the community health survey.
- 69.8% of current smokers in Greene County reported that they began smoking regularly before the age of 18.
- 17.1% of Greene County residents reported that they did not have health insurance, and 56.5% did not have dental insurance.
- Within the past year, 11.1% of Greene County residents reported that they were unable to see a doctor when they needed to, and 68.5% reported cost as the reason.
- Common reasons cited by Greene County residents for not having health insurance were: lost their job (25.8%), couldn't afford it (29.5%), or their employer didn't offer or stopped offering health insurance (12.1%).
- 2.6% of survey respondents indicated that they had seriously considered suicide within the past year.

Community Health Survey

This community health survey was conducted through a contract with the Ozarks Public Health Institute during the spring of 2004. Confidentiality of the health information was maintained according to HIPPA regulations. Personal identifiers were removed to guarantee complete confidentiality in the collection and presentation of the data. Through the use of random telephone number dialers a random sample of 802 respondents over the age of 18 from the resident population of Greene County was obtained. This number of completed surveys provided the necessary sample size to ensure a high degree of statistical significance. Additionally Southwest Missouri State University's Institutional Review Board regarding human subjects research reviewed and approved the survey per established regulations and protocols.

By reviewing the behavioral risk factor surveys developed by the Centers for Disease Control and Prevention and other community health surveys developed by local public health departments, the Springfield-Greene County Health department tailored the survey to collect specific health indicators. A Pearson Chi-Square statistical analysis of the data was then performed to determine the statistical relationship between different data items. This analysis was not available at the time this assessment was published, but the full report will be published online at the Springfield-Greene County Health Department's Website.

Demographics

The demographic characteristics of the 802 survey respondents are shown below in Tables 11.1 through 11.3 and Figure 1.1. The demographic characteristics of the survey respondents were similar to the characteristics observed in the general population of Greene County during the 2000 US Census. This comparison allows for an estimation of how well the demographic characteristics of the survey respondents represented the general population.

Table 11.1

Racial and Ethnic Characteristics of Survey Respondents and Greene County* Population							
	White	African American /Black	Asian	Hispanic/ Latino	Native American /Alaskan Native	Mixed Race	Other
Respondents (%)	93.1	2.3	0.8	1.1	1.5	0.9	0.4
Greene County (%)	92.5	2.3	1.2	1.8	0.7	--	--

Source: Community Health Survey 2004; n=793

Table 11.2

Reported Income-Greene County Health Survey, 2004				
Percent Within Income Range				
	Less Than \$20,000	\$20,000-\$29,999	\$30,000-\$49,999	\$50,000 and Over
Survey Respondents	28.1	20.4	25.5	26
Greene County	26.8	16.6	26.1	30.6

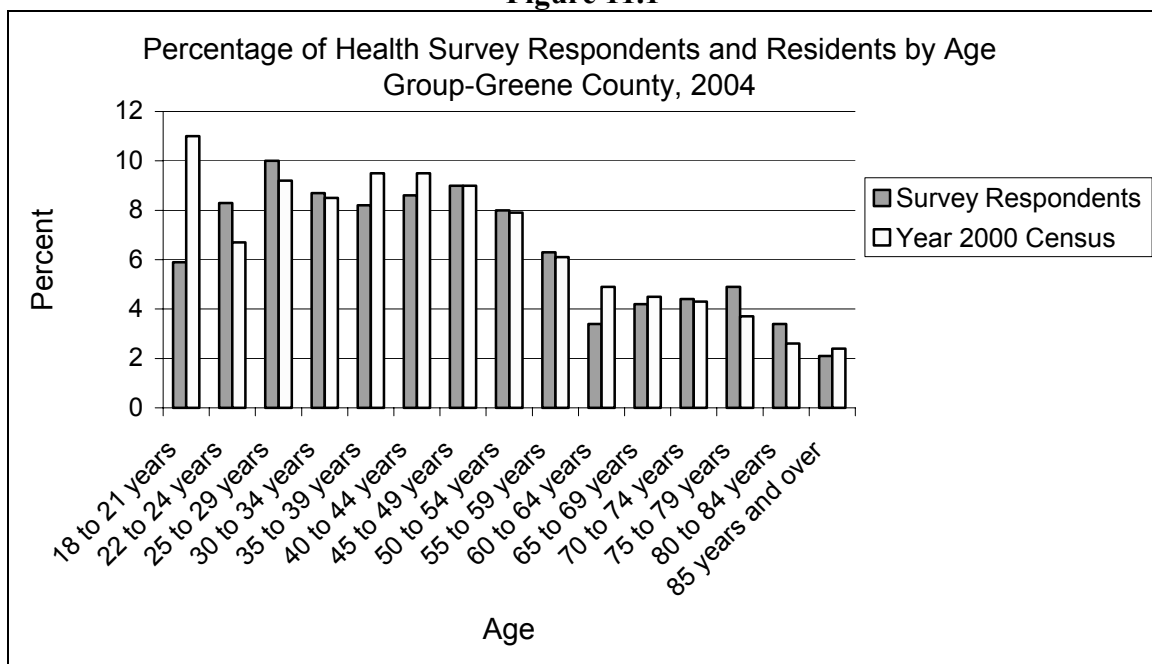
Source: Community Health Survey 2004; n=588

Table 11.3

Educational Attainment-Greene County, 2004				
	<12 Years	High School Grad/GED	Some College	College Degree and Beyond
Respondents (%)	12.2	34	28	25.9
Greene County (%)	15.3	30.8	25.1	28.8

Source: Community Health Survey 2004; n=789

Figure 11.1



Source: Community Health Survey 2004; n=788

The educational attainment of survey respondents was somewhat different than what was determined during the year 2000 census, as shown in Table 11.3. In particular, more people with a high school education and fewer college graduates were surveyed as compared to the Greene County population.

The percentage of respondents 21 years of age and younger was less than what was observed in the general population. Also, there was a greater percentage of older survey respondents compared to Greene County's population (Figure 11.1).

General Health Questions

Self-rated health status is indicated in Table 11.4. Overall, approximately 78% of respondents rated their health as good or excellent. However, 21.2% of respondents indicated that their health was only fair or poor.

Table 11.4

Self-Rated Health Status-Greene County, 2004	
	Percent
Excellent	20.6
Good	57.4
Fair	16.0
Poor	5.2
Don't Know	0.7

Source: Community Health Survey 2004; n=801

Table 11.5

Self-Rated Weight-Greene County, 2004	
	Percent
Very Underweight	1.0
Slightly Underweight	5.0
About Right	48.0
Slightly Overweight	36.2
Very Overweight	9.8

Source: Community Health Survey 2004; n=796

Approximately 46% of Greene County survey respondents self-rated their weight as being slightly overweight or very overweight (Table 11.5).

Tobacco Smoking

Tobacco use has been shown to cause numerous types of cancer in many areas of the body; to contribute to heart disease, strokes, and other cardiovascular conditions; to exacerbate conditions such as diabetes and asthma; and has been linked to sudden infant death syndrome (SIDS). The survey results indicated that 24.9% of respondents smoked tobacco everyday, with 30% of males and 21.6% of females indicating that they smoked everyday (Table 11.6). Among Greene County residents surveyed, 49.6% indicated that they had smoked at least 100 cigarettes in their life (Table 11.7).

Table 11.6

Current Cigarette Smokers-Greene County, 2004		
	Percent	
	Every Day	Some Days
Total Population	24.9	4.2
Male	30.0	6.0
Female	21.6	3.1
Zip Code Area		
North Springfield	32.2	4.0
South Springfield	17.1	5.2
Rural Greene	23.9	2.9

Source: Community Health Survey 2004

Table 11.7

Tobacco Smoking Questions-Greene County, 2004			
	Percent		
	Yes	No	Don't Know
Have You Smoked at Least 100 Cigarettes in Your Life? (All Respondents)	49.6	49.1	1.3
Have You Tried to Quit Smoking in the Past 12 Months? (Current Smokers)	53.8	46.2	--
Does Your Place of Work Have an Official Smoking Policy? (All Employed Respondents)	62.0	34.4	3.6
Have You Ever Been Advised by a Physician or Health Care Provider to Quit Smoking? (Current Smokers)	53.8	46.1	--

Source: Community Health Survey 2004

Table 11.8

Age When Current Smokers First Smoked a Cigarette-Greene County, 2004	
Age	Percent
<10 Years Old	6.8
10 to 14	36.8
15-18	38.9
19-21	8.1
22-25	6.0
26-30	1.7
Don't Know	1.7

Source: Community Health Survey 2004; n=234

Table 11.9

Age When Person First Started Smoking Cigarettes Regularly-Greene County, 2004	
Age	Percent
<10 Years Old	1.5
10 to 14	17.6
15-18	52.7
19-21	16.0
22-25	6.4
26-30	2.8
>30	1.3
Don't Know	1.8

Source: Community Health Survey 2004; n=393

Of the adults surveyed who are current smokers, 82.5% began smoking at 18 years of age or before (Table 11.8). In addition, 6.8% of current smokers smoked their first cigarette before the age of 10 (Table 11.8), and 1.5% became regular smokers before the age of 10 (Table 11.9).

Health Insurance

Over 17% of those surveyed, indicated that they did not have health insurance coverage. Cost prevented 29.5% from obtaining health insurance, while a lost job resulted in 25.8% of respondents losing their insurance (Table 11.12). Slightly more than 11% of respondents reported that they could not get medical care when needed (Table 11.10).

Table 11.10

Health Care and Health Insurance Questions-Greene County, 2004		
	Yes	No
Do You Have Health Insurance?	82.8	17.1
Do You Have Dental Insurance?	42.5	56.5
Do You Have a Personal Doctor or Health Care Provider?	74.9	24.9
Was There a Time in The Past 12 Months When You Tried to Get Medical Care But Couldn't?	11.1	88.4

Source: Health Survey 2004; n=802

Table 11.11

Method of Payment for Health Care-Greene County, 2004	
	Percent Yes
No Insurance/Pay Cash	18.2
Health Insurance (HMO/PPO/Traditional)	57.4
Medicaid	11.0
Medicare	15.6
Medicare Supplemental Insurance	2.2
Veterans Administration/CHAMPUS	1.1
Indian Health Insurance	0.1
Other	3.2

Source: Community Health Survey 2004; n=665

Table 11.12

Reason For Not Having Health Insurance-Greene County, 2004	
	Percent
Couldn't Afford	29.5
Lost Job	25.8
Employer Doesn't Offer/Quit Offering	12.1
Became Ineligible (Age, Left School)	3.0
Insurance Company Refused Coverage	2.3
Spouse/Parent Died	1.5
Divorce/Separated	1.5
Benefits from Employer Ran Out	1.5
Spouse/Parent Lost/Changed Jobs	1.5
Cut to Part Time, Became Temp. Employee	0.8
Lost Medical Assistance Eligibility	0.8
Other	19.7

Source: Community Health Survey 2004; n=132

Table 11.13

Length of Time Without Health Insurance Coverage-Greene County, 2004	
	Percent
Within Past 6 Months	21.2
Within Past Year	15.3
Within Past 2 Years	16.8
Within Past 3 Years	3.6
Within Past 5 Years	6.6
More Than 5 Years	31.4
Don't Know	5.1

Source: Community Health Survey 2004; n=137

Table 11.13 indicates that 31.4% of respondents without health insurance reported that they have been without coverage for more than 5 years.

Health Care

Routine health care among 5.1% of Greene County residents was received from the emergency room (Table 11.14). While most received routine care from a doctor's office (71.7%), and 15% indicated that they received their routine health care from a medical clinic.

Table 11.14

Where Routine Care Is Sought-Greene County, 2004	
	Percent
Hospital Emergency Room	5.1
Doctors Office	71.7
Medical Clinic	15.0
Health Department	1.1
Don't seek	6.7

Source: Community Health Survey 2004; n=802

Table 11.15 lists the reasons that routine medical care was not received when needed among Greene County residents. Cost was cited as the most common reason for not receiving care among over 68% of respondents. Other common reasons included the office being closed (5.6%) and the provider not being able to speak the same language as respondent (16.9%).

The number of respondents who received a routine health care check-up within the past year was 74.4%, with 9.1% receiving a routine check-up within the last two years, and 8.2% indicating that a routine health care check-up was not within the past 5 years.

Table 11.15

Reason for Not Receiving Medical Care When Needed-Greene County, 2004	
	Percent
Cost	68.5
Distance	1.1
Office Closed by Time Person Could Get There	5.6
Too Long to Wait for an Appointment	2.2
No Child Care	1.1
Provider Couldn't Speak Person's Language	16.9
Other	3.4
Don't know	1.1

Source: Community Health Survey 2004; n=89

Table 11.16

Length of Time Since Last Routine Doctor Visit/Check-Up-Greene County, 2004	
	Percent
Within Past Year	74.4
Within Past 2 Years	9.1
Within Past 3 Years	2.9
Within Past 5 Years	3.5
More Than 5 Years	8.2
Don't Know	1.7

Source: Community Health Survey 2004; n=802

Table 11.17

Number of Visits to Emergency Room or Urgent Care in Past 12 Months for Asthma-Greene County, 2004	
Number of ER Visits	Percent
0	67.7
1	12.9
2	8.1
3	4.8
4	1.6
6	1.6
12	1.6
24	1.6

Source: Community Health Survey 2004; n=62

Asthma is a serious condition that can limit a person's physical functioning. In Table 11.17 the number of emergency room or urgent care visits within the past year for asthma is shown. While 67.7% of people surveyed with asthma indicated that they did not receive care at an urgent care or emergency facility, over 32% indicated that they did receive care at least once.

Issues with dental care are also important and can affect self-esteem and other areas within a person's life. Table 11.18 illustrates the length of time since the respondents' last dental visit. Within the past year, 58.5% of respondents had visited the dentist, and 17% indicated that it had been longer than 5 years since they had visited the dentist with another 1.5% reporting that they never had been to the dentist.

Table 11.18

Length of Time Since Last Dentist or Dental Clinic Visit-Greene County, 2004	
	Percent
Within Past Year	58.5
Within Past 2 Years	12.9
Within Past 5 Years	8.8
More Than 5 Years	17.0
Never	1.5
Don't Know	1.4

Source: Community Health Survey 2004; n=800

Table 11.19

Number of Permanent Teeth Removed Due to Decay or Gum Disease-Greene County, 2004	
Number of Teeth	Percent
1 to 5	26.9
6 or More	9.9
All of Them	9.9
None	51.6
Don't Know	1.8

Source: Community Health Survey 2004; n=799

Table 11.19 indicates the percentage of respondents that have had permanent teeth removed due to decay or gum disease. Of Greene County residents surveyed, 26.9% reported that they have had 1 to 5 teeth removed because of decay or gum disease. In addition, 9.9% of residents indicated that 6 or more permanent teeth had been removed and another 9.9% indicated that all of their teeth had been removed because of gum disease or decay.

Table 11.20 lists the respondents' reported length of time since they had their teeth cleaned by a dentist or dental hygienist. Over 19% of the residents who responded indicated that it had been more than 5 years since they had their teeth cleaned by a dentist, and 3% indicated that they never have.

Table 11.20

Length of Time Since Teeth Cleaned by Dentist or Dental Hygienist-Greene County, 2004	
	Percent
Within Past Year	52.8
Within Past 2 Years	13.5
Within Past 5 Years	8.3
More Than 5 Years	19.5
Never	3.1
Don't Know	2.9

Source: Community Health Survey 2004; n=800

Chronic Disease (Incidence and Screening)

Chronic diseases are those diseases that persist over an extended length of time and are often impacted by a person's behavior such as tobacco use, lack of exercise, and poor diet. One of the most important considerations for treating chronic diseases is early detection, so that treatment can begin early in the disease process. Table 11.21 lists several important screening tests and treatments that are important for disease management and early detection.

Table 11.21

Chronic Disease Prevention and Treatment-Greene County, 2004		
	Yes	No
Diabetes		
Have You Taken a Course or Class to Learn How to Manage Your Diabetes?	56.1	42.1
Are You Currently Taking Insulin?	28.1	71.9
Women's Health		
Have You Had a Clinical Breast Exam?	86.2	11.9
Have You Ever Had a Pap Smear?	92.8	6.1
Have You Had a Hysterectomy?	22.7	76.6
Men's Health		
Have You Ever Had a Prostate Specific Antigen (PSA) Test?	25.6	70.7
Have You Ever Had a Digital Rectal Exam?	34.3	64.2
Screening and Prevention		
Have You Ever Had a Blood Stool Test Using a Home Test Kit?	25.9	72.6
Have You Ever Had a Sigmoidoscopy or Colonoscopy?	20.1	79.1
Are You Taking Medicine for Your High Blood Pressure?	69.5	30.5
Have You Ever Had Your Blood Cholesterol Checked?	70.0	27.1
Have You Ever Been Taught About HIV/AIDS in School?	43.0	16.6
Has a Physician Talked to You About Preventing STDs Through Condom Use?	17.2	82.3

Source: Community Health Survey 2004; n=802

In Greene County, 11.4% of residents were identified with asthma and 7.1% were identified with diabetes. Other important health conditions such as high blood pressure (29.1%) and high blood cholesterol (34.3%) are also listed in Table 11.22.

Table 11.22

Respondents Diagnosed by a Health Professional-Greene County, 2004		
	Yes	No
Asthma	11.4	88.5
Diabetes	7.1	92.0
Prostate Cancer	1.2	98.2
High Blood Pressure	29.1	70.2
High Blood Cholesterol	34.3	64.7

Source: Community Health Survey 2004; n=802

Checking the *hemoglobin A1C* of a person with diabetes is useful for determining how well disease management plans are being followed. Because of this, it is recommended by the American Diabetes Association that the test be routinely conducted at least twice a year. Table 11.23 shows the self-reported number of times this test has been conducted on patients with diabetes in Greene County.

Table 11.23

Number of Times a Health Professional Has Checked Hemoglobin A1c of Respondents With Diabetes in Last Year-Greene County, 2004	
Number of Times	Percent
0	27.3
1	7.3
2	20.0
3	10.9
4	20.0
5	1.8
6	1.8
Never	3.6
Don't Know	7.3

Source: Community Health Survey 2004; n=55

Mental Health

Mental health issues affect the quality of life for many people in Greene County. Issues such as anxiety and depression can prevent people from enjoying their lives and achieving their full potential.

Table 11.24 indicates that 2.6% of those residents surveyed reported that they had seriously considered suicide in the past 12 months. Among those respondents who had seriously considered suicide, over 42% had planned their suicide and over 47% reported that they had attempted suicide at least once within the past 12 months (Table 11.25). Figures 11.2 and 11.3 illustrate the number of days that residents reported feeling “sad, blue, and depressed” or “worried, tense, and anxious.” Over 4% of those residents surveyed indicated that they felt “sad, blue, or depressed” and 10.1% reported feeling “worried, tense, and anxious” for 30 of the last 30 days (Figure 11.2 and Figure 11.3).

Table 11.24

Thoughts of Suicide-Greene County, 2004		
	Percent	
	Yes	No
Have You Seriously Considered Suicide in the Past 12 Months? (n=794)	2.6	96.4
Did You Plan Your Suicide in the Past 12 Months? (n=21)	42.9	57.1

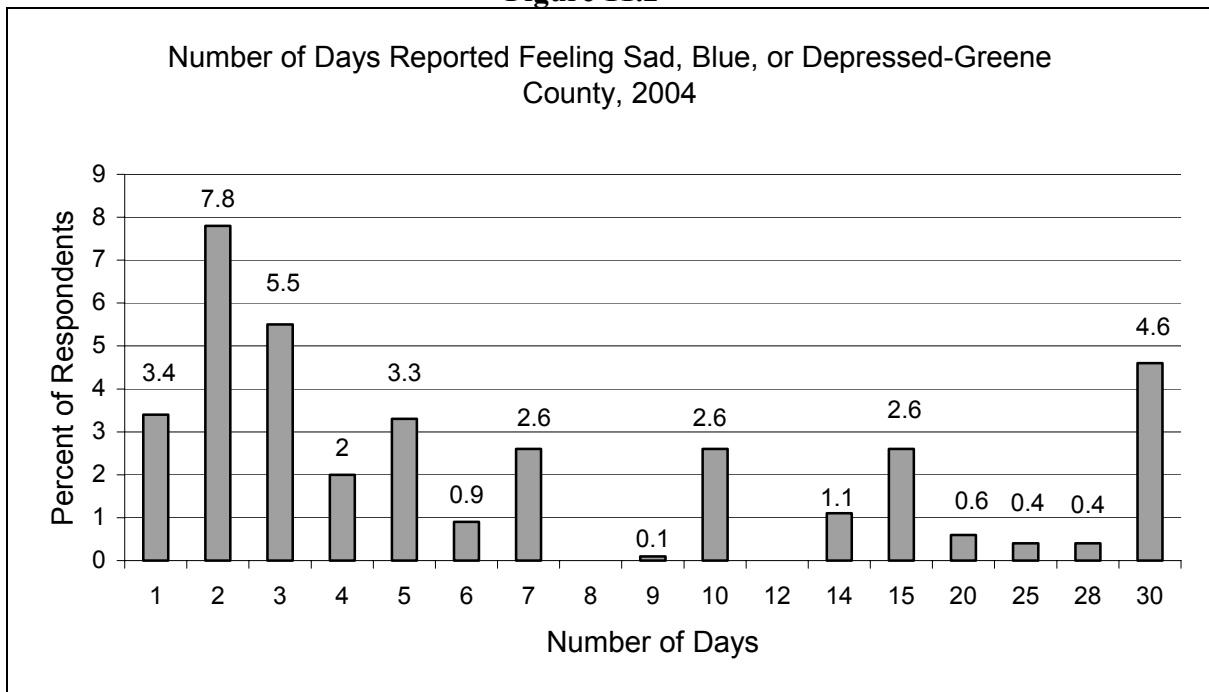
Source: Community Health Survey 2004

Table 11.25

Number of Times Person Who Planned Suicide Actually Attempted Suicide in The Past 12 Months-Greene County, 2004	
Number of Attempts	Percent
0	52.4
1 Time	14.3
2 to 3 Times	23.8
4 to 5 Times	4.8
6 or More Times	4.8

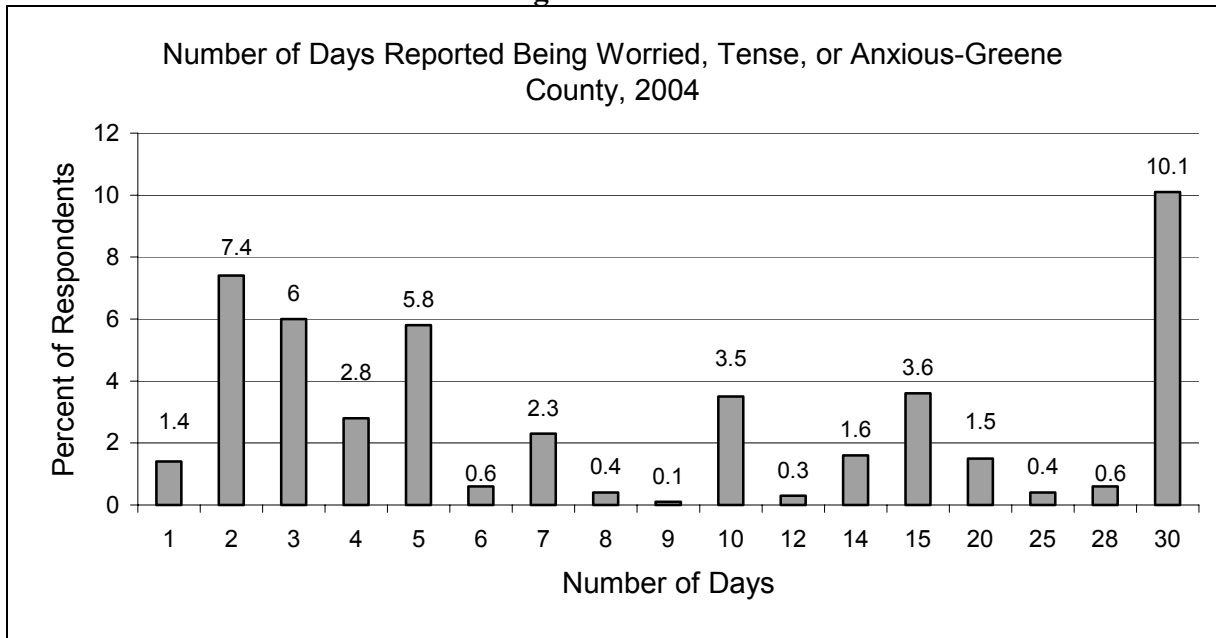
Source: Community Health Survey 2004;n=9

Figure 11.2



Source: Community Health Survey 2004; n=796

Figure 11.3



Source: Community Health Survey 2004; n=796

Nutrition/Diet/Exercise/Weight

Diet, lack of exercise, and weight control are important factors that can contribute to the development of disease. Diabetes, heart disease, and different types of cancer have all been linked to diet, lack of exercise, and weight issues. Many health benefits can be received from eating a diet high in fiber and following recommendations for eating more fresh fruits and vegetables. Increasing physical activity will also result in benefits for the cardiovascular system while burning calories that could result in weight loss.

Table 11.26 lists items regarding the diet and exercise behaviors of Greene County residents. Among those surveyed, almost 60% indicated that they were eating fewer high fat and high cholesterol foods to avoid heart disease and 73.6% were increasing their physical activity. However, according to the self-reported overweight (32.5%) and obese (21.1%) BMI, many Greene County residents need to engage in more physical activity to lose weight and improve cardiac functioning.

Table 11.26

Nutrition and Exercise Questions-Greene County, 2004		
	Yes	No
Are You Eating Fewer High Fat and High Cholesterol Foods to Avoid Heart Disease and Stroke?	59.7	39.8
Are You Eating More Fruits and Vegetables?	77.2	22.6
Are You Trying to Lose Weight?	42.5	57.4
Are You Trying to Maintain Your Current Weight?	64.0	35.5
Are You Using Physical Activity or Diet to Lose or Maintain Weight?	57.5	41.9
Are You Being More Physically Active?	73.6	26.3
Have You Participated in Any Physical Activities or Exercises Besides Job in Past Month?	75.8	23.7

Source: Community Health Survey 2004; n=802

Alcohol Use

Alcohol consumption among Greene county residents is reported in Table 11.27. Forty percent of the residents indicated that they had consumed alcohol in the past 30 days.

Table 11.27

Alcohol Consumption in Past 30 Days-Greene County Health Survey, 2004	
	Percent
No Alcohol Consumption in Past Month	60.3
Alcohol Consumption in Past Month	39.6

Source: Community Health Survey 2004; n=796

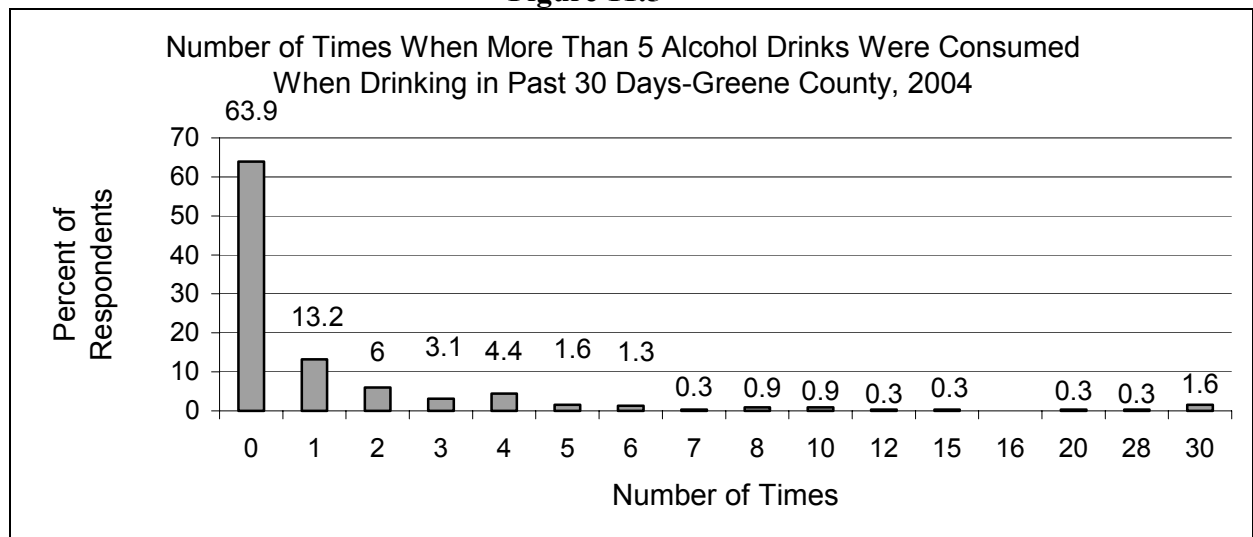
Table 11.28 presents the data for individuals who have driven a vehicle after drinking alcohol. While 88.8% of respondents indicated that they did not operate a vehicle after drinking in the past 30 days, 11.2% indicated that they had at least one time (Table 11.28).

Table 11.28

Alcohol Use and Vehicle Operation Within the Last Month-Greene County, 2004		
Number of Times	Drove % (n=320)	Rode With Someone Who Had Been Drinking % (n=786)
0	88.8	95.3
1	5.0	1.9
2 or 3 times	3.1	1.8
4 or 5 times	0.9	0.3
6 or more times	2.2	0.8

Source: Community Health Survey 2004

Figure 11.5



Source: Community Health Survey 2004; n=319

Binge drinking is defined as consuming five or more drinks for males and four or for females during one period of drinking according to the National Institute on Alcohol Abuse and Alcoholism. Among Greene County respondents, 34.5% indicated that they had consumed five or more drinks during at least one time period in the past month.

For More Information, Please Refer to These Works Cited and Consulted

American Diabetes Association.
Website: <http://www.diabetes.org>

American Lung Association.
Website: <http://www.lung.org>

Centers for Disease Control and Prevention.
Website: <http://www.cdc.gov>

Missouri Department of Health and Senior Services.
Website: <http://www.dhss.state.mo.us>

National Institute on Alcohol Abuse and Alcoholism.
Website: <http://www.niaaa.nih.gov>

Springfield-Greene County Health Department.
Website: <http://www.ci.springfield.mo.us/health/pages/home.html>

“Widespread caffeine use explains a lot about the twentieth century.”
Greg Egan

“Believe in life! Always human beings will live and
progress to greater, broader and fuller life.”
W. E. B. Du Bois

“May you live every day of your life.”
Jonathan Swift